LACTOSE INTOLERANCE: A GUIDE FOR PARENTS

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KNOW THE DIFFERENCE

LACTOSE INTOLERANCE
Happens when your child’s body is unable to break down a sugar called lactose.
SYMPTOMS: Bloating, diarrhoea, gas, nausea, abdominal pain, cramps (primarily gastrointestinal symptoms).

FOOD ALLERGIES
Happens when your child’s immune system reacts to certain foods.
SYMPTOMS: Rashes, hives, swollen eyes, breathing problems, stomach discomfort, vomiting, dizziness, diarrhoea.

IRRITABLE BOWEL SYNDROME
Happens when your child experiences abdominal discomfort caused by various factors like stress or certain foods.
SYMPTOMS: Diarrhoea and/or constipation, abdominal cramps, bloating.

IS YOUR CHILD SENSITIVE TO THESE FORMS OF LACTOSE?

Animal milk
Cheese
Butter
Yoghurt
Cream
Ice-cream

Alternatives for lactose intolerance

FOR CALCIUM
Leafy greens (i.e. kale, broccoli, spinach, bok choy)
Tofu
Chia seeds
Milk alternatives fortified with calcium (i.e. almond, soy, rice milk)
Canned fish with bones (i.e. salmon, sardines)

FOR VITAMIN D
Fatty fish (salmon, tuna)
Egg yolk
Fortified cereals

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